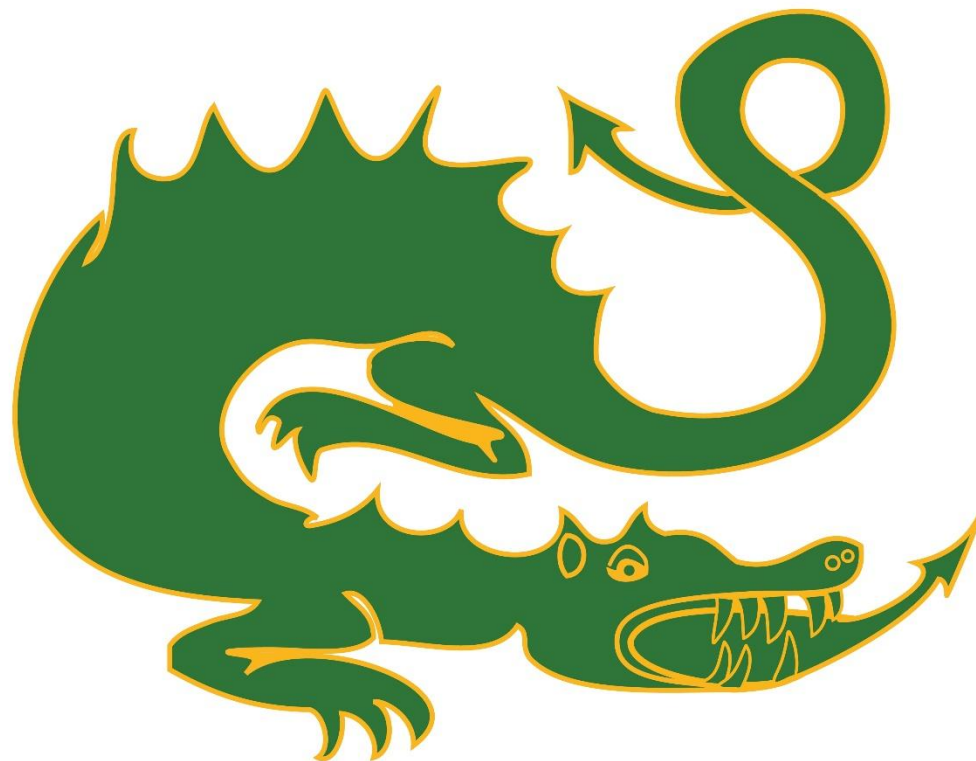


**Leechpool PSHE
Knowledge and Skills Progression**



PSHE: AGE RELATED STATUTORY COVERAGE			
Stage	Health & Wellbeing	Relationships	Living in the Wider World
EYFS	Early Learning Goals - Personal, Social and Emotional Development (PSED): Children learn to show sensitivity to others' needs and feelings, form positive relationships, manage their own behaviour, and understand the importance of rules.	Early Learning Goals - Personal, Social and Emotional Development (PSED): Children learn to develop positive friendships, take turns, share, and show empathy. They begin to understand their emotions and how to regulate them.	Understanding the World - People, Culture and Communities: Children learn about different roles in society, including emergency services and community helpers. They explore similarities and differences between themselves and others.
Key Stage 1	Health Education (Statutory): Pupils learn about basic hygiene, the importance of sleep, healthy eating, and physical activity. They begin to understand their feelings and how to ask for help. They learn about personal safety, including road safety and medicine awareness.	Relationships Education (Statutory): Pupils learn about family relationships, friendships, and the importance of kindness and respect. They begin to understand personal space and the concept of privacy. They explore how to resolve conflicts in friendships.	Citizenship and Economic Education (Non-Statutory): Pupils learn about belonging to different groups and communities, rules and responsibilities, and simple money concepts like saving and spending. They begin to explore how people help others in society.
Lower Key Stage 2	Health Education (Statutory): Pupils learn about emotional wellbeing, managing stress, and developing healthy habits. They explore how physical activity, diet, and hygiene contribute to long-term health. They learn about risks in their environment, basic first aid, and safety in public spaces.	Relationships Education (Statutory): Pupils develop skills to manage friendships and peer pressure, understand different family structures, and discuss the impact of bullying, including online safety. They explore emotional regulation and dealing with difficult situations.	Citizenship and Economic Education (Non-Statutory): Pupils learn about the role of local government, democracy, and decision-making. They develop an awareness of environmental responsibility and discuss how money is used in society.
Upper Key Stage 2	Health Education (Statutory): Pupils learn about puberty, changes in their bodies, and emotional wellbeing. They explore mental health strategies, the effects of drugs and alcohol, and managing stress. They develop skills for emergency situations, including CPR and first aid.	Relationships Education (Statutory): Pupils learn about healthy relationships, consent, and dealing with peer pressure. They explore emotional and physical changes during puberty and how to seek support. They develop awareness of different types of relationships, including online interactions and recognising manipulation.	Citizenship and Economic Education (Non-Statutory): Pupils explore financial responsibility, including budgeting and saving. They learn about human rights, equality, and sustainability. They discuss how global issues impact communities and explore career aspirations.

Leechpool PSHE Knowledge and Skills Progression

Knowledge and Skills Map – PSHE

	Personal Safety & Risk Awareness	Health & Wellbeing	Relationships & Social Skills	Digital & Media Literacy	Citizenship & Economic Education	Growing & Changing
EYFS	<p>I can understand basic safety rules at home and school.</p> <p>I can recognise people who help us stay safe.</p> <p>I can begin to understand road safety (e.g., holding hands when crossing).</p>	<p>I can recognise what keeps us healthy (e.g., food, sleep, exercise).</p> <p>I can understand the importance of brushing teeth.</p> <p>I can learn simple relaxation techniques.</p>	<p>I can learn to take turns and share with others.</p> <p>I can recognise feelings and begin to talk about them.</p> <p>I can identify trusted adults who can help us.</p>	<p>I can recognise technology in everyday life.</p> <p>I can understand simple rules for using devices safely.</p>	<p>I can identify people who help us in our community.</p> <p>I can learn simple rules and responsibilities.</p>	<p>I can learn about how our bodies grow and change.</p> <p>I can recognise feelings and emotions.</p>
Year 1	<p>I can identify safe and unsafe situations at home and school.</p> <p>I can learn about pedestrian safety and road crossing.</p> <p>I can understand the importance of washing hands to prevent illness.</p>	<p>I can understand the importance of personal hygiene.</p> <p>I can learn about healthy eating and food choices.</p> <p>I can recognise different feelings and simple coping strategies.</p>	<p>I can learn about making and maintaining friendships.</p> <p>I can understand the importance of kindness and empathy.</p> <p>I can identify different family structures.</p>	<p>I can learn about basic online safety (e.g., keeping passwords private).</p> <p>I can understand that not everything online is real or true.</p>	<p>I can understand the importance of helping others.</p> <p>I can learn about simple money concepts (e.g., spending, saving).</p>	<p>I can discuss simple body changes (e.g., losing teeth, growing taller).</p> <p>I can recognise that everyone is different but equal.</p>
Year 2	<p>I can recognise potential dangers in different environments (e.g., water, roads, strangers).</p> <p>I can understand basic fire safety and emergency procedures.</p> <p>I can learn about medicines and the importance of adult supervision.</p>	<p>I can learn about the importance of sleep and relaxation.</p> <p>I can develop an awareness of common illnesses and how to stay well.</p> <p>I can understand how to seek support for worries and concerns.</p>	<p>I can discuss how to resolve conflicts.</p> <p>I can recognise when someone is feeling sad or left out.</p> <p>I can learn about positive touch and personal space.</p>	<p>I can recognise the importance of not sharing personal information online.</p> <p>I can identify trusted adults who can help with online concerns.</p>	<p>I can recognise the importance of fairness and respect.</p> <p>I can learn about jobs and why people work.</p>	<p>I can learn about body parts and respecting personal space.</p> <p>I can understand how to express emotions appropriately.</p>

Leechpool PSHE Knowledge and Skills Progression

Year 3	<p>I can understand hazards at home and in public spaces (e.g., electricity, water safety).</p> <p>I can learn about first aid basics and responding to minor injuries.</p> <p>I can identify risky behaviours and how to say no.</p>	<p>I can explore the benefits of a balanced diet and exercise.</p> <p>I can learn about emotional wellbeing and self-care strategies.</p> <p>I can understand the importance of staying hydrated and sun safety.</p>	<p>I can explore different types of relationships (e.g., friendships, family, community).</p> <p>I can learn strategies for managing conflicts and disagreements.</p> <p>I can understand the importance of honesty and trust.</p>	<p>I can learn about cyberbullying and how to respond.</p> <p>I can understand how online behaviours impact others.</p>	<p>I can explore environmental responsibility and taking care of our world.</p> <p>I can learn about different jobs and career aspirations.</p>	<p>I can discuss how our responsibilities change as we grow.</p> <p>I can learn about coping with new experiences.</p>
Year 4	<p>I can develop strategies to stay safe when out alone (e.g., stranger awareness, peer pressure).</p> <p>I can learn about cycle safety and wearing protective gear.</p> <p>I can understand emergency services and when to call for help.</p>	<p>I can discuss mental wellbeing and the importance of resilience.</p> <p>I can learn about personal responsibility for hygiene and healthy habits.</p> <p>I can understand the impact of habits (e.g., screen time, sugar intake).</p>	<p>I can discuss peer pressure and making independent choices.</p> <p>I can recognise signs of unhealthy relationships.</p> <p>I can learn about the impact of bullying (including online bullying).</p>	<p>I can develop skills for evaluating online content and misinformation.</p> <p>I can learn about privacy settings and safe online communication.</p>	<p>I can discuss democracy and the role of government.</p> <p>I can explore money management and making financial choices.</p>	<p>I can introduce basic concepts of puberty.</p> <p>I can learn strategies for coping with change.</p>
Year 5	<p>I can discuss peer pressure and decision-making in risky situations.</p> <p>I can understand how smoking and alcohol affect health and safety.</p> <p>I can learn about safety near water, roads, and in social settings.</p>	<p>I can explore stress management techniques.</p> <p>I can learn about the effects of drugs, alcohol, and smoking.</p> <p>I can understand how to maintain positive mental health.</p>	<p>I can understand the role of consent in relationships.</p> <p>I can develop skills for dealing with peer pressure.</p> <p>I can learn about emotional regulation in friendships and conflicts.</p>	<p>I can explore digital footprints and the permanence of online actions.</p> <p>I can understand the risks of online relationships and scams.</p>	<p>I can learn about media influence and advertising.</p> <p>I can understand the responsibilities of citizens in a society.</p>	<p>I can learn about puberty and body changes.</p> <p>I can discuss emotional changes and how to manage them.</p>
Year 6	<p>I can identify and assess risks in different situations (e.g., online, public places).</p> <p>I can learn about emergency response and basic CPR.</p> <p>I can understand personal responsibility for safety and risk management.</p>	<p>I can develop personal strategies for managing emotions and stress.</p> <p>I can understand how to make informed health choices.</p> <p>I can discuss the impact of media on body image and wellbeing.</p>	<p>I can learn about the importance of mutual respect in relationships.</p> <p>I can discuss how relationships change over time.</p> <p>I can recognise manipulation and coercion in friendships.</p>	<p>I can learn about online reputation and the effects of social media.</p> <p>I can discuss the impact of gaming, social networking, and screen time.</p>	<p>I can explore global issues (e.g., climate change, human rights).</p> <p>I can learn about financial independence and budgeting.</p>	<p>I can explore puberty, reproduction, and relationships.</p> <p>I can discuss transition to secondary school and managing change.</p>

PSHE: VOCABULARY MAP						
EYFS	KEY STAGE ONE		KEY STAGE TWO			
<u>EYFS</u>	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
help	safety	emergency	peer pressure	consent	consent	mental health awareness
kind	danger	risk	resilience	assertiveness	addiction	exploitation
share	support	stranger	decision-making	negotiation	mindfulness	coercion
friend	trust	bullying	kindness	digital safety	discrimination	manipulation
feelings	emotions	conflict	empathy	bystander	financial literacy	budgeting
happy	teamwork	honesty	compromise	influence	critical thinking	online footprint
sad	taking turns	cooperation	boundaries	respectfulness	social media awareness	informed decision-making
rules	private	privacy	hygiene routine	growth mindset	resilience strategies	body image
listen	special	choices	well-being	mental health	equality	self-identity
same	responsibility	hygiene	self-esteem	stereotypes	emotional regulation	relationships
different	fair	feelings wheel	inclusion	friendships	reputation	prejudice
respect	healthy food	medicines	diversity	personal space	independence	human rights
family	exercise	growth	responsibility	consequences	privacy rights	sustainability
healthy	germs	fairness	safety plan			career aspirations
clean						

